

HEALTHY PEOPLE, HEALTHY PLANET

ISSUE 279 OCTOBER 2014

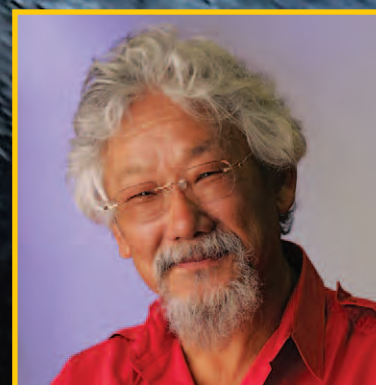
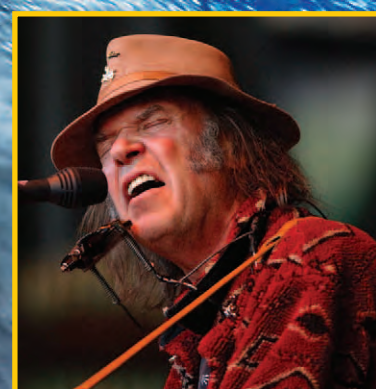
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Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Janice Cain, Adam Sealey,
 Phil Watson
Design & Production - www.perublesky.ca
Proofing - Cara Colceugh

Contributors:
 Robert Alstead, Alan Cassels, Bruce Lipton,
 Bruce Mason, Mac McLaughlin,
 Vesanto Melina, Elizabeth Murphy,
 Lynne Quarmby, Gwen Randall-Young,
 Ashley Rose, David Suzuki, Eckhart Tolle

Contact Common Ground:
Head office 604-733-2215
 Toll-free 1-800-365-8897 Fax: 604-733-4415

Advertising: Adam Sealey
 adam@commonground.ca

Phil Watson
 philwatson.cg@gmail.com
 direct line: 604-536-1198

Janice Cain
 janice@commonground.ca

Editorial: editor@commonground.ca
 datebook@commonground.ca
 classifieds@commonground.ca

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cover by Kris Kozak



There is no "Planet B" and no "Plan B" to save it. That's what UN Secretary-General Ban Ki-moon told marchers on September 21 in more than 2,000 locations worldwide, to galvanize action on climate. He also used what too many people consider to be C-words: "climate" and "change." The most common rationalizations for not putting these words and dots together are the D-words "despair" and "can't make a difference." But there's no time to waste. Seize the opportunity now so you can tell your grandchildren that you did something when it was most needed to protect the planet. In this issue of Common Ground, there's a lot to get you started – inspiration to stand up, advice on how to keep moving and a mind-blowing article on how your brain works. Please take this issue home, to refer to, to discuss and to pass around during or

after the Blue Dot Tour, And when the hawkish politicians try to terrorize us with talk of new wars, you will have Common Ground when you want the truth. It's free! So are you. Please stand up. Now.

P.S. Be against their next wars in some faraway foreign country and be against their corporate wars on our natural environment. We are not alone. There are many more of us than them and we are no longer buying their propaganda.

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Who's Gonna Stand Up?

By Neil Young

Protect the wild, tomorrow's child
Protect the land from the greed of man
Take down the dams, stand up to oil
Protect the plants and renew the soil.

Who's gonna stand up and save the Earth?
Who's gonna say that she's had enough?
Who's gonna take on the big machine?
Who's gonna stand up and save the Earth?
This all starts with you and me.

Damn the dams, save the rivers
Starve the takers and feed the givers
Build a dream, save the world
We're the people know as Earth.

Who's gonna stand up and save the Earth?
Who's gonna say that she's had enough?
Who's gonna take on the big machine?
Who's gonna stand up and save the Earth?
This all starts with you and me.

Ban fossil fuel, draw the line
Before we build, one more pipeline
Ban fracking now, save the waters
And build a life, for our sons and daughters.

Who's gonna stand up and save the Earth?
Who's gonna say that she's had enough?
Who's gonna take on the big machine?
Who's gonna stand up and save the Earth?
This all starts with you and me.

Who's gonna stand up?
Who's gonna stand up?
Who's gonna stand up?
Who's gonna stand up?
Who's gonna stand up?

This song is available for free at NeilYoung.com

Neil Young An invitation to Stand Up!



by Bruce Mason

The worldwide People's Climate March on September 21 marked a global tipping point in climate change awareness and action. One reason for that is Neil Young's release of his anthemic *Who's Gonna Stand Up?*

"I'm giving you permission to please use this music in videos, clips and communications, or in any way you see fit during this critical time. I hope this music can assist you in the important work we do to reach out for understanding and action in the world," he wrote, one day before hundreds of thousands of people marched across the world.

As debate and dreams either linger in nightmare or morph into reawakening, recall such songs as *Ohio*, *Southern Man* and *Rockin' in the Free World*. At NeilYoung.com, he posted three free audio tracks: a stripped down 3:49 minute acoustic version of *Who's Gonna Stand Up?*, a hard rocking 5:49-minute remastered live recording with Crazy Horse and an epic, sweeping 4:22 minute orchestral version, with more than 60 of the industry's finest musicians and a 30-voice choir. Something for

anyone who can still hear.

For anyone who still reads, his new book, *Special Deluxe: A Memoir of Life & Cars*, is being released this month. A collection of original artwork, lyrics and extraordinary reminiscences about his Canadian boyhood, music, family and passions, the book is structured around his love for gorgeous, gas-guzzling vintage automobiles – a dizzying, enigmatic parade of classic vehicles he purchases as rewards to himself. It's a stream of consciousness, with pounds of Panama Red, profound regret for past behaviour, unforgettable characters and challenges thrown in for good measure.

"I bought my cars for their soul," he writes. "They all had stories. I would sit in them and feel the stories and then write songs from those feelings. Cars carry their memories with them. To me my cars are alive. All cars are... They are the art of their time, a mirror

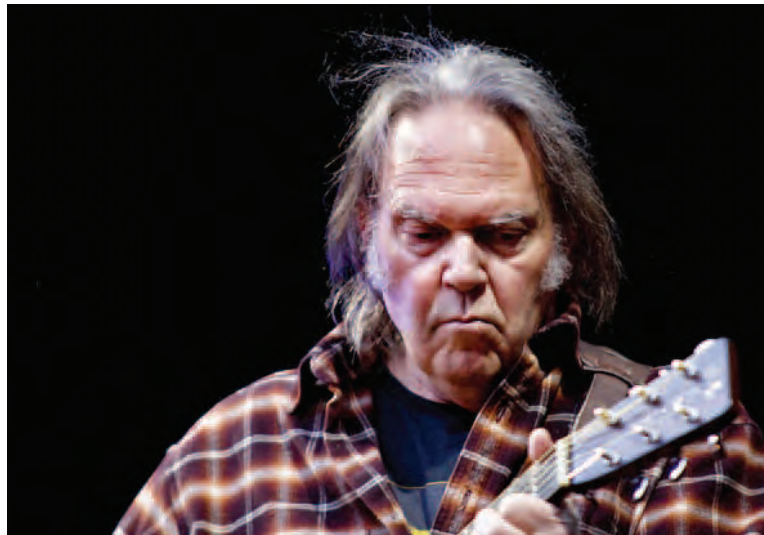
through which you can see the American story."

Special Deluxe is a feast for fans, especially those who love, or have loved, cars. Want to go back for seconds after his best-selling first book *Waging Heavy Peace*? Pig out



in the backseat of his Lincvolt along the high road to the Alberta Tar Sands. Enjoy a healthy snack in a banquet of consequences now being served in an unappetizing, bad menu, with far too much information. Turn to page 302 and bite down:

“My thinking about the environment and the damage being done to it had mostly come from examples of big corporations raping the land and destroying natural things in the endless quest for oil and energy. The more I thought about it, the more obsessed I became with alternative energy. The more I looked, the more I learned about what an immense challenge the world was facing. That’s when I began dedicating myself more to the task of raising awareness, which is pretty much the only thing a celebrity can do. But I was fascinated with the technology side, too. What were the solutions? What had been tried? Why did some projects fail? And the marketing side – why did people not get it? Why did they not understand the world’s situation? Why did the media, especially TV networks, downplay and ignore the obvious so consistently, making it virtually impossible for the masses to grasp reality as far as the importance of climate change was concerned?”



This personal epiphany and sudden ferocious devotion to clean energy is an example, an inspiration and road-map. Mother Nature is scolding: “Go to your room and stay there until you pick up your mess!” Time to grow up, give it up, do the work and grow in the company of friends and leaders like Neil, who are giving us the beat of different drums and new ways, options and opportunities to cleanse.

No sense in asking him to “shut up!” on the current Blue Dot Tour or ongoing solo shows and performances with Crazy Horse. Waste of time. Disgraced media may wallow in the dissolution of his 36-year marriage. But *Special Deluxe* is, in many ways, a loving tribute to his wife. It’s painful, folks, and change is complicated.

Why did the media, especially TV networks, downplay and ignore the obvious so consistently, making it virtually impossible for the masses to grasp reality as far as the importance of climate change was concerned? – Neil Young

Besides, Neil Young is now a moving target and force of nature, relentlessly moving on, releasing *A Letter Home*, a solo acoustic collection of cover songs, and writing a third book, which he says is a science fiction novel.

In the meantime, he’s pointing the way by asking “Who will stand up?” Pointing to the driver’s seat and beyond. Urging us to take control and provide our own answers to his existential question.

What a time – what a ride we’re on! Consider taking a good book and a great song to share along the way. Neil is out front, knowing we can change if we want to badly enough, urging us to “stand up!” against what is really bad and more than enough. ■

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic**. brucemason@shaw.ca

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Ten things we can do to take action on climate change

by Lynne Quarmby

The thousands who gathered for the People's Climate March in Vancouver on September 21 enthusiastically agreed to wait five minutes – before taking to the streets – to listen to Dr. Lynne Quarmby, professor and chair at SFU's department of molecular biology and biochemistry. They wanted to hear what we all need to hear – and know – to save the planet: Lynne Quarmby's list of 10 things we can do to take action on climate change. When the applause died down and the march began, Quarmby agreed to work with Common Ground to publish her speech and list. For anyone wondering "What's next?" or "What can I do?," we share her speech and list below. It is also available on our website at www.commonground.ca – Bruce Mason, Common Ground



Dr. Lynne Quarmby, professor and chair at SFU's department of molecular biology and biochemistry

Look at you all! What are you doing here? Haven't you been paying attention to the misinformation and propaganda that you've been bombarded with? Climate change is nothing to worry about. Our governments have confidently told us that it is not something we should be concerned about.

Trust us, they say.

We don't need to consider climate change when we approve plans for new pipelines, new coal mines, new coal ports and new LNG gas plants [liquefied natural gas]. Ignore those pesky foreign-funded, radical extremists that are exaggerating the risks of climate change. Don't worry. We wish it were so. But... we know that well-established science is telling us that human-caused climate change is under way and gaining momentum.

We know that people around the world are already suffering the consequences of extreme weather. We know about ocean acidification. Our beloved Salish Sea is already out of balance; oyster and scallop larvae cannot form their shells in our acidified waters. We know that we need to be transitioning away from fossil fuels.

We know all of this and much, much more.

So who is telling us that we don't need to worry about climate change? Our governments? Wait. Aren't they the people that we elect to look after the public interest? Let me see if I can think of a nice way to say this – the bastards have betrayed us. Stephen Harper and Christy Clark are answering to corporate persons, not to citizens. Our democracy is in trouble.

There is an urgent need for us to put a stop to the

fossil fuel madness. I'll pick one example out of dozens: A few weeks ago, the Vancouver Port Authority approved an enormous new coal port at the Fraser Surrey Docks to export US coal to China, via Texada Island. This project is such a bad deal that every single port along the US west coast has turned it down. Last month, we said "Yes."

This project will create 40 jobs in BC – 25 at FSD, 15 at Texada. Those 40 jobs will put more GHG [greenhouse gas] into the atmosphere than all of the cars in BC, every year for the lifetime of the port. No one can tell me that we need this port because it is good for the economy. Unless by economy they

mean the bank accounts of a few very rich people.

Are we going to take that "Yes" for an answer? I didn't think so.

What can I do? I hear you asking. Here are 10 things. Are you ready?

1. Be tuned in. The Harper and Clark governments are both very good at slipping approvals through quietly. These things are often not covered in the mainstream media; they are discovered by activists with highly tuned radar. Get on mailing lists, follow us on social media. The more you are in tune with what is happening, the clearer it will be to you what you can do to help stop these projects.

2. Divest. If you are fortunate enough to have money to invest, make sure that you divest from fossil fuels. If you do it sooner rather than later, maybe you can avoid losing a bundle when those FF companies are finally forced to strand their still-in-the-ground-but-already-on-the-books assets.

3. Do your thing, but do it for change. If you teach, teach about climate change, social inequity and the dangers of an eroding democracy. If you are a member of a labour union, talk with your union about ways that labour can assist in the transitions we need. If you are an entrepreneur, find a niche; a society based on renewable energy and energy efficiency is entirely feasible. Help make it happen.

4. Pick a cause. Inequality is an important underlying cause of the problems in our democracy and those problems are feeding climate change. Campaign to make minimum wage a living wage; learn about universal basic income. Work for fair tax structures.

Find a political candidate to support. Run for office. Attend All Candidates Meetings. Ask questions. Put

renewables on a level playing field: Insist that companies no longer get to freely dump their toxins into our air, our water and our soil. Learn why FIPA is such a bad deal for the climate.

5. Support others who have chosen a different cause or a different approach.

6. Change your behaviours: fly less, eat less meat, use less power, drive less, buy less. Doing these things without system change will not save the world, but they will empower you and they are part of building a better world.

7. Talk about climate change with friends, neighbours, co-workers.

8. Do not accept that the economy trumps everything.


9. Support those who do direct action. Deliver a hot meal to someone sitting in the mud in front of a crane at Fraser Surrey Docks. Show up and bear witness. And



The Harper and Clark governments are both very good at slipping approvals through quietly. These things are often not covered in the mainstream media; they are discovered by activists with highly tuned radar.

if you are willing to get arrested – please get trained in non-violent resistance. There is a guide posted at tssu.ca And make sure you are participating in a well organized action with sufficient support. Stay safe.

10. My final point is directed to law enforcement officers and national security agents: I call on you to recognize the deep frustrations that have built up in the face of this massive failure on the part of our governments. I ask you to think of your own futures, your own children. Stay tuned to your own moral compass. Refuse to be provocateurs. Remember who the real villains are and remember what brought us to this. And when you are face-to-face with an angry young person chained to a bulldozer – someone who may be spewing hatred at you because to them you represent the state and they are angry and frightened – please remember compassion. Understand their pain. The anger is not about you. Treat them gently.

Treat us gently... for I will be out there with them. 

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CARDIOVASCULAR SUPPORT FOR YOU AND YOUR FAMILY

Written by Elie Klein, naturopathic physician and author of "Read This if You Have a Heart" for Innotech Nutrition Solutions

The Problem: While billions of dollars are spent on research, heart disease is still the most common cause of premature death. Yet it is scientifically proven that heart disease is highly preventable and treatable through proper nutrition and supplementation. In most cases heart disease is associated with fatty and stiff arteries, or atherosclerosis, due to poor nutrition, smoking and lifestyle choices. In essence, these factors damage the collagen in the arteries and they become stiff, brittle and sticky.

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Drug Bust Alan Cassels

HEALTH

Data fracking

A quagmire rife with rhetoric

It pollutes our water, warms our planet and destroys the environment. Or... it provides jobs, reduces our dependence on foreign oil and delivers economic growth. It's either a godsend or evil incarnate. What's the "it" we're talking about here? Fracking.

Of course, I mean hydraulic fracturing, the controversial method of extracting natural gas from shale rock layers deep within the earth. Because of new technological advances in drilling – and tons of high-pressure water and chemicals – fracking can extract natural gas that was previously unreachable.

Now, I'm not a geologist, but the controversies swirling around fracking are an apt metaphor for other troubling things happening underground, which can have a profound effect on our lives.

Last month, I reported on a big push by a consortium of businessmen and researchers to sell BC's collective health records to for-profit industries (i.e. drug or insurance companies) so BC can "become a global centre for excellence in the use of data to drive public and individual health innovation." The manifesto known as the "Data Effect Declaration" caresses you with soothing rhetoric and gentle assurances that BC's "unique healthcare data assets" would only be used in the public interest. Sadly, the rhetoric barely camouflages the rationale behind this initiative, which is to allow private, for-profit interests to make truckloads of money by giving them access to the province's public health information.

The rhetoric barely camouflages the rationale behind this initiative, which is to allow private, for-profit interests to make truckloads of money.

The Therapeutics Initiative's Colin Dormuth is a Victoria researcher who already uses this information to study drug safety. After my article came out last month, he tweeted that allowing for-profit companies to mine our health data amounts to "data fracking."

As he explained, "Data fracking is just a tongue-in-cheek way of referring to bias in industry funded research. The petroleum industry sings the praises of fracking, but there is no denying it is controversial. The same can be said about drug companies using government databases. When it comes to health care, people want their data to be used only in their own interest."

Right now, we have fairly strict rules in BC around not commercializing our health data and not allowing it to be used for market-oriented research. But all that could change.

How would the drug industry use our health data? Take for example a class of drugs used by almost 25% of the population in BC: antidepressants. What if a company wanted to use BC data to examine access to mental health services and drug utilization by region, to find the areas where low and high prescribing is happening? Sounds fine, right? Sure, until you realize the company examining those data is really only interested in how it can help them refocus their marketing efforts and send more drug reps to the doctors who need further 'education.'

In the last two decades, there have been many stories about data manipulation and clinical trial corruption in drug company-sponsored research. While most research is done to very high standards, when profit is the ultimate goal the incentives to skirt rules and carry out unscrupulous and even illegal research and marketing are high. And the billions paid by the drug industry in fines and penalties for illegal marketing activities in the last 20 years does not give us a lot of confidence. (See the report at <http://www.citizen.org/hrg1924>) Do we trust the research produced by an oil company who is fracking near our water supply, denying all the while that their activities won't be tainting or

continued p. 12...

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polluting? We would do so at our peril.

To dig further into this, I talked to Dr. Joel Lexchin, who teaches health policy at Toronto's York University. He is currently on sabbatical in Geneva, writing a book about the pharmaceutical industry in Canada. As someone who has followed drug company machinations in Canada for more than 30 years, I wondered what he thought about the "Data Effect Declaration" which promises to "quickly capitalize on our unique data assets."

Lexchin sees the main problem with selling BC's health data to for-profit enterprises is that they might not do the kind of research we need done. He noted, "This could be a good thing, but who decides on the priorities?" He feels the only way selling our data would really work is to have an independent body deciding on the priorities and that a "broadly representative panel of people, unaffiliated with the drug, device or insurance industry, would make the decisions on which projects go forward and which ones won't." He emphasizes the need to include everyday citizens, patients, academics and labour representatives – essentially, "people who don't stand to make money or who are not affiliated to anyone that would."

Some jurisdictions, like the UK, use citizens' advisory groups, considered the best way to ensure the process represents the people most likely to be affected by the research, not those most likely to profit financially from it.

Clearly, the drug and insurance companies would love to get their hands on BC's public health data and exploit them, but in Joel Lexchin's opinion, "It boils down to who has the money to buy or analyze the data." For him, in this scenario, "Industry will always win over public interest groups."

The BC Ministry of Health has a dismal record of facilitating true public input into drug decision-making. A panel created a few years ago to advise the government on our public drug program, Pharmacare, was so stacked with industry and business representatives (including members of Canada's brand name pharmaceutical association – the equivalent of having Shell Oil and BP executives setting resource extraction policy) that the recommendations which emerged made BC a laughingstock among the rest of the country.

What could be done to ensure that opening up access to BC health data is done in the public interest and not just to sell more drugs to more people? The guy who coined the term "data fracking," Colin Dormuth, says, "In the end, I think it is impossible to provide an ironclad guarantee. I suppose industry could donate funds to public granting agencies to support research. In that scenario, the research reports to a Crown agency instead of a company."

Recent experience with CIHR, the Canadian Institutes of Health Research, does not offer much assurance that this could be kept clean either. For example, the main federal agency responsible for funding Canadian health research has people on its board of directors with ties to drug companies. CIHR makes researchers seek out 'partners' in competitive research grants so guess who they go to? That's right – because the drug companies might be the easiest way to latch onto the CIHR teat. The result is that health research in Canada increasingly focuses more and more on patentable drugs and devices and less on the social, non-pharmacologic or alternative methods of dealing with sickness and disease.

The folks behind the Data Effects manifesto have noticeable ties to the pharmaceutical industry and business, with virtually no one with a "public interest" perspective at the table. But I could be wrong because BC's health minister will be at their conference in December, most likely to announce (we think) government's plans to open us up to data fracking.

One does have to wonder how much we should be charging data fracking companies who, even as they strenuously insist their practices are safe, may be tainting our drinking water? As Colin Dormuth tells me, "Any economist will tell you that the value of something depends on who owns it." If you own the land, you decide what the frackers need to pay. If the frackers own the land, then we'd have to pay them not to do it."

Colin adds, "The two values are different depending on ownership and financial means, maybe infinitely so. In the case of the public databases, you need to ask the people their price because they own it."

So what is our price? Is the collection of British Columbia's health data repositories a valuable and unique public asset to be used to improve public health or is it to foster economic growth? Stand by for even more soothing words and assurances, delivered with much "enthusiasm and respect" that data fracking is good for us, creates jobs, protects the environment and doesn't contribute to global warming.

You almost want to believe them. ☒

Alan Cassels is a drug policy researcher in Victoria, BC. Follow him on twitter @akecassels



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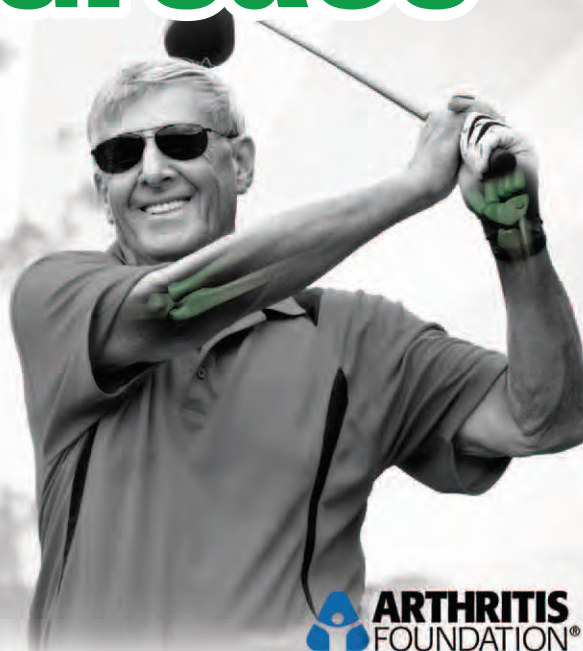


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HEALTH

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Vegetarians enjoy impressive health advantages, including greater longevity and reduced risk of cardiovascular disease, type 2 diabetes, cancer, obesity, cataracts and gallstones. Yet being vegetarian does not guarantee a healthful diet. After all, potato chips, cola and many other fat, salt and sugar-laden foods are vegetarian.

Below are four stumbling blocks and how to avoid them.

1. Switching from meat and potatoes to pasta and bagels

Some new vegetarians blunder in switching from meat and potatoes to pasta and bagels. While pasta and bagels and other refined carbohydrates are familiar and tasty, they are no bargain, nutritionally. As dietary staples, they contribute to one's being overweight, heart disease, type 2 diabetes and gastro-intestinal disorders. "Carbohydrates" are not the problem – the lowest rates of chronic disease in the world are in areas with high carbohydrate intakes from whole plant foods. Vegetables, legumes, grains, fruits, nuts and seeds come packaged with protectors: fibre, phytochemicals, phytosterols, vitamins, minerals and essential fats. A wise choice is replacing meat and potatoes with beans, greens and other whole plant foods.

2. Replacing meat with dairy and eggs

Some swap meat for chicken – and fish for cheese and eggs. Entrees include pizza, lasagna, macaroni and cheese, grilled cheese sandwiches and omelettes. Nutrition challenges include excess fat and insufficient iron. Dairy products are poor sources of iron and inhibit iron absorption. To build iron-rich blood, vegetarians should replace meat with beans, peas and lentils. Other good iron sources are nuts and seeds (especially pine nuts and pumpkin seeds) dried fruits, blackstrap molasses and mushrooms and grains (especially quinoa, amaranth and iron-fortified grains). To boost iron absorption, eat vitamin C-rich foods.

3. Assuming all nutrients will be provided by nature

Needed nutrients are available in nature, but our lifestyle choices (such as choosing cleanliness over bacterial contamination) can make it a challenge to acquire vitamin B12 – an essential nutrient produced mainly by bacteria. B12 is present in animal products that are contaminated with B12-producing bacteria. Clean plant foods are not reliable sources of B12 unless they are fortified. Seaweed, fermented foods and organic vegetables are not reliable sources of vitamin B12. Reliable B12 sources include supplements and fortified foods. (Check labels on cereals, non-dairy beverages and meat substitutes.) After 50, one's ability to cleave B12 in animal products from bound protein can be impaired. For sufficient vitamin B12, choose one of the following: A) Twice daily: at least 3 mcg in fortified foods. B) Daily: 10 mcg or more of supplemental B12. C) Twice weekly: 1,000-2,000 mcg B12.

4. Getting sufficient omega-3 fatty acids

The best plant sources of omega-3 fatty acids are flaxseeds, flaxseed oil, hempseeds, hempseed oil, chia seeds, canola oil, walnuts, dark leafy greens and wheat germ. Fish get their long chain omega 3's from microalgae. A vegan source is cultured microalgae (look for DHA in veggie caps). Pregnant and lactating women and people with hypertension or type 2 diabetes may well be advised to consider these direct sources of long-chain omega-3 fatty acids. ◀

Brenda Davis and **Vesanto Melina** are BC dietitians and co-authors of the very new **Becoming Vegan: Comprehensive Edition** (2014), written for dietitians, physicians and health professionals and of the award-winning **Becoming Vegan: Express Edition**. See www.becomingvegan.ca.

October 26: Meet Vesanto at Choices Market, 2-3:30 PM, 2615 W. 16th Ave. (near MacDonald) through the floral shop. See www.choicesmarket.com

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When they open the history book 10 years from now, it will talk about how mental illness was found to be nothing more than a nutrient deficiency disorder. – Anthony Stephan

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Desperately searching all avenues, Tony discovered that distressed and violent pigs on huge farms were being given natural nutrients, vitamins and minerals to calm them. Could the right nutrition stabilize his kids? The answer turned out to be yes. Trying them on this formula, Tony witnessed their rage and suicidal thinking give way to balance and calm. They have since become happy, fully functioning adults.

Tony's neighbors in Alberta witnessed these dramatic reversals and wanted to know if it would help their own families; Tony's answer was always the same. "Don't know, but let's try." Many times, chronic mental illness was reversed, enabling entire families to return to a normal life. Word spread and soon the formula called True Hope EMPowerplus™ was in 100 countries.

Tony reformulated these nutrients for optimal human brain activation and the EMPowerplus™ combination was developed, consisting of 36 natural minerals, vitamins and amino acids (proteins). These perfectly balanced ingredients are blended for 96 hours and micronized and chelated to form this singular and powerful super nutrient activator that crosses the blood brain barrier like a laser to feed one's brain.


About 10 years ago, Health Canada tried to shut down the distribution of this natural brain supplement. A protracted legal battle ensued with EMPowerplus™ the victor. Seeing that people were vulnerable to suicide when it was withheld, the court ordered that EMPowerplus™ be available to Canadians and ruled it a crimi-

nal act to withhold it.

Tony notes, "As of today, in 25 independent medical journal publications, EMPowerplus™ has been shown to reverse the suffering of much of the following; anxiety, depression, ADHD, autism, bipolar disorder, drug and alcohol addictions

and more." Recently, Tony has licensed a direct marketing company called Q Sciences (www.brainhealth.me) to offer EMPowerplus™ Q96 internationally.

October 24-26: Tony Stephan shares the EMPowerplus™ story in a daily keynote talk at the Body, Soul, Spirit EXPO,

PNE Forum Building, Vancouver. Oct 24: 7PM – Oct 25: 3:30PM – Oct 26: 3PM. He also gives a talk at the Mind-alive! Exploring Natural Medicine for Mental Health event, Vancouver Convention Centre (East), October 25, 11:30AM, sponsored by HANS and Orthomolecular Health. 



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Creating Heaven on Earth

the science
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by Bruce Lipton



Bruce H. Lipton, PhD is a stem cell biologist and an internationally recognized leader in bridging science and spirit. He is the bestselling author of The Biology of Belief and The Honeymoon Effect: The Science of Creating Heaven on Earth. In May, he spoke on the Honeymoon Effect at the Hay

House-sponsored I Can Do It! conference in Vancouver. Part two of his talk is below. (www.bruce-lipton.com)

The mind [is] the last and most critical part of our story. The mind is what ultimately controls which chemicals are going to be released and which activities you're going to be engaged in. I should say minds with an "s"

because there are two minds involved. First, there are two parts to the mind: one is the conscious mind, associated with the lobe of tissue right behind your forehead, called the prefrontal cortex. It's the latest evolution of the brain. If you take away the prefrontal cortex, you're left with the rest of the brain, which was the subconscious mind. Each mind has a different function and, more importantly, each mind learns in a different way. That's where the crux of the problem in today's world comes from.

Let's talk about the conscious mind. The conscious mind is the seed of your personal identity, your source, your spirituality. What makes you different from the person sitting next to you? Prefrontal lobe. You take out the prefrontal lobe and you're just a human, but the prefrontal lobe is you. Characteristic of it, importantly different from the subconscious, is that it's creative. The conscious mind is the mind that separates us from lower animals that are reflexive and reactive, that just respond to the world through input/output, stimulus/response. Once you become creative, you can think of different things, different actions.

What humans have created came from the prefrontal cortex of creativity and when I ask what you want from life, it doesn't exist in the present. By definition you're being creative, you're projecting something into the future.

Your mind, with your desires, wishes and aspirations, is where it comes from – the conscious, creative mind.

"I want to be healthy, have a great relationship, have a great job." That's good, creative thinking conscious mind. It's also the seat of positive thinking. Everybody says, "That's scary, that doesn't work." Well, positive thinking is creative thinking, basically.



What makes you different from the person sitting next to you? Prefrontal lobe. You take out the prefrontal lobe and you're just a human, but the prefrontal lobe is you.

The subconscious is a record/playback mechanism. Like a video recorder, you turn on the camera, sound and picture. Everything comes in. You turn on your VHS or a DVD for every new program in your subconscious mind. It has a little creativity, like a precocious five-year-old, but it's predominantly habitual. It's habit. Push the button, play the program, from now until forever unless you change the program. Every time you push the button, you'll create the same response.

A lot of people used to say the subconscious mind is the font of hell, all the evil stuff; no, it's just a tape recorder. It's not the recorder; it's the programs that are good or bad. And you need the subconscious mind. For example, how long did it take you to learn to walk when you were an infant? Once you finally learned, you didn't have to think about it anymore. So you can't do without the subconscious mind because... once you learn something, you don't have to relearn it again.

What's in this habitual mind? Instincts and life experiences. You tap somebody's knee and they kick. Sure,

that's an instinct but it's built into the behaviour and your life experiences are also programmed in there. But here's the catch. The ultimate problem in the world today is that it also contains acquired programs, meaning you learn from other people even though you have no direct experience of something. A negative aspect of that is that people learn to be bigoted against others. They learn it before they even meet these people. They were programmed. The subconscious mind is a programmed mind and it becomes very relevant.

I get a brand new iPod and take it out of the box. Consider the little click-wheel in the front to be the conscious mind because it's creative. Make a playlist, select what you want and create. So I take my new iPod out of the box and push play and nothing happens because there's no program in there. If you don't have a program, you can't make a playlist. You cannot be conscious if you don't have any programs. It's a simple fact. Let's say a child could speak the moment it comes out of the birth canal. The head comes out and you say to it, "Tell me something" and the baby looks up and says, "I don't know anything, I just got here." It can't tell you anything without any experiences or programs.

Nature included this understanding in the development of the nervous system. In EEG, electrical activity of the brain, there are different vibrational frequencies that represent different states of mind. The lowest frequency is called delta and it's the predominant brain state for children for the first year. Predominantly, they're sleeping because delta is sleeping or unconsciousness.

Over the next seven years, the vibration of the brain amps up to theta. That's a higher vibration. It's imagination. Children between two and seven seamlessly mix the real and imaginary world, to the chagrin of parents. The kid is riding a broom, saying, "I'm riding a horse" and you say, "That's a broom" and the kid is like, "It's a horse, can't you see it?"

By age seven, you amp up to the next higher level of vibration called alpha – that's when consciousness first appears. It becomes predominant. By 12, it goes to a higher vibration called beta, which is schoolroom focus consciousness. This is why education changes before and after 12. Before 12, you *continued p.24...*



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GMO Bites

Why you never read about non-GMO success stories

Does mention of allergen-free peanuts, striga-resistant cowpeas, salt-resistant wheat, beta-carotene rich sweet potatoes and virus-resistant cassavas make you think of GM?

If so, you've missed the great unpublished story: all the non-GM breakthroughs solving precisely the kind of problems (drought-resistance, salt-resistance, biofortification etc.) that GM proponents claim only genetic modification can provide the answer to.

While speculative claims of potential GM "miracles" often win vast amounts of column inches, the non-GM success stories generally get minimal if any reporting in the popular media. Without GM's often exaggerated crisis narratives and claimed silver bullet solutions, it seems there is no story.

The biotechnology industry and its PR people are keen to keep it that way, particularly because the non-GM solutions are often way ahead of the work on GM. They also bring none of the uncertainties that surround GM.

All of this makes keeping track of the many non-GM success stories especially important.

The GM breakthroughs that never were

Another reason it's important is because thanks to the lack of success with GM "solutions," non-GM success stories can end up being claimed as GM breakthroughs.

A classic instance is provided by the UK government's former chief scientist, professor Sir David King, who has repeatedly used non-GM breakthroughs as evidence of why we need to embrace GM. In one case, King claimed a big crop yield increase in Africa was due to GM when it did not involve the use of any GM technology at all. On another occasion, King claimed a big success for GM flood resistant rice when what he was referring to was in reality a non-GM crop.

In both cases, King was under pressure to provide compelling examples of why GM crops were needed. But far from King's examples showing why we need to embrace GM, they show the exact opposite, i.e. that we need to stop being distracted by GM and to get the

funding and support behind the non-GM solutions to the problems we so badly need to address.

What the biotech industry doesn't want you to know about GM "improved" crops

There's another way in which crops touted as GM breakthroughs are not always what they seem and it's the best-kept secret of the biotech industry. Most of the crops that are touted as GM breakthroughs are nothing of the sort.

In summer 2010, Monsanto bought out part of a West Australian cereal breeding company, Intergrain. An Intergrain spokesman explained Monsanto's interest like this: "A really important concept is that biotech traits by themselves are absolutely useless unless they can be put into the very best germplasm."

The process operates like this: the biotech company raids the germplasm of natural crop varieties that have been developed by farmers and breeders over centuries for the desired traits. It uses conventional breeding and sometimes marker assisted selection – not GM – to get the plant it wants. Its own proprietary genes are added primarily so that it can patent and own the seed and resulting crop.

This GM tweak often adds nothing to the agronomic performance of the crop but is usually either a Bt toxin to kill insects or a herbicide-resistance gene that allows it to be drenched in herbicide. But it has one magical effect – on the biotech company's profit margins.

This process is never disclosed in the industry's hyping of its new crop varieties to the media. The questions we should all be asking are these: which natural parent variety or varieties did the company pirate for its GM variety? How much improvement was made in the parent variety by conventional breeding and marker assisted breeding, aside from the GM tweak? How do the natural parent variety, the non-GM improved variety and the final GM variety compare with each other with regard to the desired trait in side-by-side field trials? In other words, how much value was added by the GM manipulation?

The answers would be educational. But we won't usually get to hear them because the information is commercially confidential. And so the biotech companies are able to maintain their seductive lie that GM is


necessary for the future of plant breeding.

One instance where we do know how the trick was pulled is Vistive soya, which has been described as the first GM product with direct benefits for consumers. These supposedly healthier low linolenic acid soya beans, designed to produce oil that would reduce or eliminate unhealthy trans fats in processed food made from the oil, were created by non-GM means. But Monsanto deliberately turned them into a GM crop by adding a GM trait – resistance to its Roundup herbicide – that has absolutely nothing to do with consumer benefits. Interestingly, Iowa State University conventionally bred an even lower linolenic acid soybean variety than the Monsanto one and did not add any GM traits to it. Unsurprisingly, very little has been heard about it, compared to Monsanto's Vistive.

In late 2010 came news of an important breakthrough, this time regarding a drought-tolerant variety of corn/maize. Syngenta, we were told, "is leading the charge on a new generation of corn designed by its scientists to withstand drought." Syngenta's Agrisure Artesian drought resistant corn will be a GM corn, but


Most of the crops that are touted as GM breakthroughs are nothing of the sort.

not because GM led to the breakthrough – it didn't. The drought resistance was obtained via conventional plant breeding and marker assisted selection. But unrelated herbicide tolerant and pesticidal transgenes were subsequently added to turn it into a GM variety. As one critic noted, "They could have released the non-GM variety without the added transgenes... This could have benefited many farmers in countries which are suffering from droughts but which do not allow GM crop production. So much for trying to solve global food security."

Although there has been a massive amount of hype about how GM is the way to deliver drought-resistant crops, non-GM plant breeding has been much more successful. To date, there is not a single GM-bred drought-tolerant variety on the market. 

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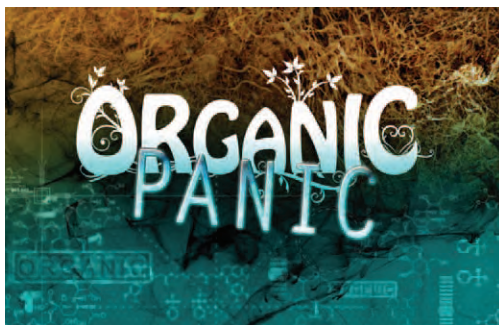
The new Purica Menopause Relief product – a hormone balancing formula – has been developed to help women maintain their quality of life through the physical and mental discomforts of menopause. It supports the three key glands that work together to provide balance for a woman's hormonal health; the adrenals, ovaries and thyroid. Menopause Relief naturally balances women's hormones, halts hot flashes and night sweats, regulates mood, enhances skin youthfulness, reduces stress and enhances libido. A clinical trial concluded it also promotes sleep, increases energy and helps reduce nervousness. www.Purica.com


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Mac McLaughlin

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October 2014

IN 1996 and 1997, I had been studying the Royal Family's charts. Actually, I became quite obsessed with them. Our horoscope is the star map that helps us understand the karma that comes our way throughout our lifetime. We are all experiencing karma every second of our existence. Karma is the law of action and reaction, the positive and negative indebtedness which must be paid in full, in the due course of time. As the mystics teach, there are chains of iron and chains of gold; they are both chains, nevertheless. Negative deeds and thoughts forge the chains of iron while positive deeds and thoughts form the chains of gold. We have individual karma, family karma and national karma. Keep in mind that karma represents everything: love, babies, wealth, health, name, fame and everything in between.

The important point in studying the Royals is that they have accurate and documented birth times. I noticed that many of the Royal Family members were experiencing intense planetary energy in 1997. In February of that year, I gave a talk to a group of local astrologers in Victoria, BC and gave out my prognostications regarding the royals. My premiss was that if only one person was experiencing intense planetary energy, it would get me to pay close attention, but if your whole family was experiencing intense planetary energy, I would know that something was up big-time and I would attempt to address it.

One of my predictions was that Princess Diana would experience some danger while travelling in a foreign country in August and September of 1997. I had started to write a letter to her to warn her about travelling at that time. Unfortunately, I tore up the letter and threw it away, thinking she would neither receive it nor heed it. Tragically, she died in a terrible car crash on August 31 of that year.

My point in writing all of this is that the fates are strongly built up again within the Royal Family. Two eclipses take place in October and they both affect the members of this family, dynamically and intensely. Things are about to change for them in these next 12 months. A great emphasis is on Prince William and Harry's charts while Prince Charles, the Queen, Prince Philip and Lady Camilla's charts are all resonating big changes. Let's hope and pray they all stay safe, healthy and happy. These October eclipses also affect Vladimir Putin's chart strongly as well and Stephen Harper will be involved in a huge controversial fight for power and control.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



ARIES Mar 21 - Apr 19

The lunar eclipse on October 8 will bring more than a few jolts of inspiration that will help you figure out what must be done in order to attain peace, harmony and happiness. A new love or a new new path to follow could be the case. Creativity and innovation are running high.



TAURUS Apr 20 - May 21

Pay attention to the energy that prevails on October 8, 9 and 10. You might be in the mood to bring on some important changes in your life. It is time to reevaluate what is most important to you. The last 10 days of the month will also help you in deciding just what to do.



GEMINI May 22 - Jun 20

Relationships and friendships – maybe a little of both – will be on the menu for your consideration throughout the month. Sometimes, it is best to just remain friends and not complicate things too much. On the other hand, sometimes friendships deepen and mature into loving relationships. Then again, sometimes relationships sink ships.



CANCER Jun 21 - Jul 22

The lunar eclipse on October 8 will impact you. Cancer is ruled by the Moon and whenever she is full, the Cancer types always resonate, react and respond to the energy that is unfolding. Now a time has come in which you might reevaluate your career and relationship status. You might be restless for change.



LEO Jul 23 - Aug 22

Think big and act accordingly. A grand triangle involving Mars, Jupiter and Uranus is taking place at the time of the full Moon on October 8. It tells us that your confidence and timing are good and others pick up on it. Travel, publishing, writing and spiritual matters come to the fore. It's your time to shine.



VIRGO Aug 23 - Sep 22

Resources, money and earning potential are featured throughout the month. Lord Mercury retrogrades from October 5 to 26 and spends the rest of the month getting up to speed again. It means you might be in a time of having to rework and rethink the plan or create a new plan of attack.



LIBRA Sep 23 - Oct 22

The lunar eclipse on October 8 will have a strong effect on your sign. You may surprise yourself with some of the things you do at this time. A change of scene is likely. It is also time to take a long, hard look at your true values regarding matters of the heart.



SCORPIO Oct 23 - Nov 21

The fates are active now, especially with a solar eclipse taking place on October 23. Venus accompanies the eclipse, indicating you will be looking deeply into all aspects of your life. The urge to make significant and deeply meaningful changes comes up now. The events of the last few weeks urge you towards transformation.



SAGITTARIUS Nov 22 - Dec 21

Mighty Mars visits sagittarius until October 26. He brings strength, confidence and enthusiasm your way. Jupiter and Uranus also cast fine energy into your sign bringing luck, good timing and innovation into play. Pay attention to what you are doing as the likelihood of mishaps is strong as well. A battle of some sort takes place.



CAPRICORN Dec 22 - Jan 19

Home and career sectors are hot, especially in the first 10 days of October. The lunar eclipse on October 8 may be significant for you as it will be a time of reassessment and reevaluation regarding finances and matters of the heart. Long kept secrets are revealed and emotions kept in check are finally expressed.



AQUARIUS Jan 20 - Feb 19

You were born with a firm resolve and an ability to get things done when things need to get done. Now that time has arrived in which you might be considering career changes or, at the least, you might have to reevaluate your present status. Connect and relate and share your knowledge and ability with others now.



PISCES Feb 20 - Mar 20

Many Pisces are natural mystics and psychics. Now your inner world is about to open up as your curiosity increases regarding the deeper meanings of life. Inheritances and shared monies might also be topics that come up at this time. Health, harmony and balance are big keys and must be worked towards with diligence. www.commonground.ca



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Our words define us

Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill. – Siddhartha Gautama (Buddha)

It is through our words that relationships are formed. It is how we reveal who we are to others and how we let them know who they are to us. It is the way we communicate our intent and also how we make things happen.

In his book *The Four Agreements*, Don Miguel Ruiz says, “Always be impeccable with your word.” There is so much embedded in such a simple phrase. The word “impeccable” means faultless, irreproachable. Our words are our way of communicating to the outside world. They are also a reflection of who we are inside. Once words have been spoken, they are out there and cannot be erased.

Being impeccable with our word means several things. Firstly, it means our words impact others so we must be careful how we use them so as not to hurt or harm others. Any message can be conveyed to others in a way that is dignified and respectful, regardless of what they have said or done. As Barak Obama says, “We can disagree without being disagreeable.”


Words are not just words. They are the way in which we connect to others and make meaning in our lives.

It also means being careful about what we say. To use our words to gossip, malign or denigrate others is far from impeccable. Our words have power and that power should be used for good purpose. What purpose can possibly be served when two or more people pick apart someone else? When this happens, words are used to negate and belittle another human being. This says more about the gossipers than it does about the object of their criticism.

It is interesting to note how so much of politics is based on undermining, negating and blocking others. Governments should be like parents – providing leadership and looking out for the best interests of their citizens. In our culture, however, government and opposition are like dysfunctional parents who continually battle one another and neglect the children. It is one thing if the intent is to battle for what you believe in. It is another to battle for the sole purpose of trying to make the other look bad.

Being impeccable with our word means being truthful. It means not using words to deceive or mislead others. Built into our culture, particularly in advertising, is the practice of swaying others with words that are slightly or overtly misleading. Media is awash in claims that products can do things that they really cannot. The phrase “buyer beware” speaks to this built-in trickery.

Finally, being impeccable with our word means being true to our word: following through and doing what we said we would do. Think how devastating it is when a divorced father says he will pick up the children on Saturday and then does not show up. Consider how destructive it is to relationships when a partner commits to quitting drinking, gambling or being unfaithful and then breaks this commitment. It is like an emotional tsunami whose waves move beyond the partner to the rest of the family, relatives and friends.

It is easy to use our words carelessly, not thinking of the impact they might have on others or on the way we are perceived. Words are not just words. They are the way in which we connect to others and make meaning in our lives. When we practise impeccability, we are honouring ourselves, others and our species. 

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and the “Creating Healthy Relationships” series, visit www.gwen.ca



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Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of *Common Ground*. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.


ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of *A New Earth*?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. 

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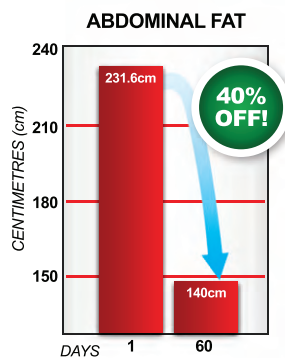
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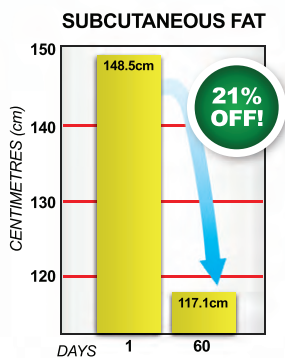
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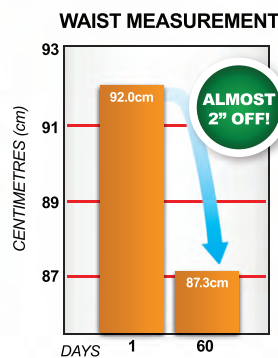
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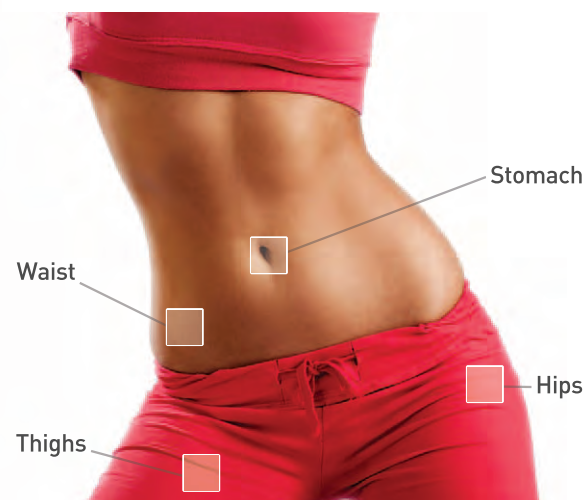
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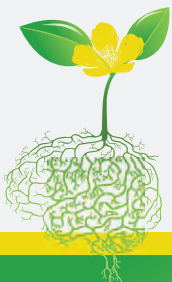
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... *Heaven* from p.16

can't put very complex information in because beta is a higher level of vibration and learning.

The first seven years is a programmable state. You're not even predominantly unconscious. You don't really even touch consciousness because theta is not only imagination, it's hypnosis. That's important because of how many things a young child needs to learn to become a member of a family and community.

If you take your one-year-old and show him a book and say, "These are the facts you have to learn," obviously that doesn't work. You don't have to do that for a simple reason: the child's brain is in hypnosis. It observes everything like a video camera and records it. But it's not observing itself. It's observing other people. It's learning enculturation. How do I behave as a member of this society? I watch my mother, my father, my siblings, my community. I observe them, see how they do it and record it. It's just downloading.

The problem is consciousness doesn't really become a predominant state until after seven so here's the most important fact. The programs you download before seven were never cleared through your consciousness. They were downloaded outside of consciousness. Are they good or bad programs? Psychologists will tell you that 70% or more of these programs are negative and redundant, disempowering, self-sabotaging and limiting. That's a fact.

This becomes important when trying to find a relationship in your life. For this reason, you also have self-identity. Who are you? How do you know? People tell you. Your parents tell you. Your teachers tell you. The people around you tell you.

"You're the most wonderful, loving child that ever existed on this planet. I'm



The first seven years is a programmable state.

You're not even predominantly unconscious.

so fortunate that you're so capable and empowered with intelligence and ability." Maybe one of you got that parent. Most of us got parents that are coaches: "You can do better than that." "You should try harder." "You don't deserve this." "Who do you think you are?" "You're a sickly child." This is important because if you're an older person on a team, consciousness is working to know the coach is trying to encourage you to work and try harder, but if you're under seven, consciousness is not working. What's working is download, a direct record that says, "I'm not deserving, I'm not worthy, I'm not loveable." This becomes the fundamental program in your subconscious of who you are.

The function of the mind of the mind is to create coherence between your beliefs and your reality. It says you will make life based on what you believe. If you're programmed with 'not good enough' and 'not deserving,' your mind will use that data to manifest behaviours which correspond to that program. That's where we get self-identity.

You might say when you wake up in the morning and get on with your day, you're leading your life with your wishes and desires. Your conscious mind is leading your life so why care what the programs are? Because science has found out how the secret mind, your unconscious, really shapes your decisions. Look at the data. According to cognitive neuroscientists, we are conscious only about 5% of our cognitive activity. Your conscious mind, wishes, desires and aspirations only work 5% of the time; 95% of your life comes from the subconscious programs.

This is because there's another unique characteristic to the conscious mind. It can think. And if it thinks, it's not paying attention. If I ask you right now what you're doing next Tuesday, you'll start to look at the little rolodex in your head. You'll be wondering what the hell's going on Tuesday. For that moment, you're not paying attention with your conscious mind. The fact is simply this: when your conscious mind is engaged in a thought, the default is the subconscious program – 95% of the day, while you're thinking, you're operating from default subconscious programs which are not even your own. They're not your behaviours, desires, wishes and aspirations. They were programmed into you by other people. You're not living your own life 95% of the day. You're living the program.

This becomes quite unfortunate when we reveal that 70% *continued p.38...*

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Blue Dot tour rolls out

As an elder, I've watched Canada and the world change in many ways, for better and worse. Thanks, in part, to cheap energy and technological growth, the human population has more than tripled. As a boy, I could drink from streams and lakes without worrying about getting sick. My father took me fishing for halibut, sturgeon and salmon on the Vancouver waterfront. Pretty much all food was organic.

Although my parents were born and raised in Canada, our family was incarcerated in the BC interior during the Second World War. Like other people of colour, my parents didn't have the right to vote until 1948. First Nations people living on reserves didn't have voting rights until 1960. And until 1969, homosexuality was a criminal offence, often leading to prison. Without a healthcare system, my parents had to worry far more about illness than Canadians today.

Although we've degraded our natural environment since my childhood, we've made great strides in human rights and social programs. It's important to protect and improve the hard-won rights and social safety net that make Canada one of the best countries... but it's crucial to protect the natural systems that make it all possible.

We're too often asked to choose between a healthy environment and a healthy economy, between health care and environmental protection. But these are false choices. Long-term prosperity and good health absolutely depend on conserving and using our resources wisely and on ensuring our air is pure enough to breathe, our water clean enough to drink and our food nutritious and plentiful enough to keep us healthy and alive. Protecting the environment is good for human and economic health.

Consider water. We can't survive without it. Most Canadians take our abundant fresh water for granted. But according to the recent Ecojustice report Waterproof: Standards, "Canada's drinking water standards continue to lag behind international benchmarks and are at risk of falling even farther behind."

People died in Walkerton, Ontario, because of E. coli in the water. Grassy Narrows residents are being poisoned by waterborne mercury. Toxins in the air and water are affecting people's health in Sarnia's Chemical Valley, as are a deadly mix of oil sands chemicals in Fort Chipewyan, Alberta.

This is clearly unacceptable in prosperous, resource-rich Canada. So how do we ensure that all Canadians have the right to enjoy clean air and water and healthy food? We could follow the lead of more than half the world's nations and enshrine the right to a healthy environment in our Constitution's Charter of Rights and Freedoms.

That's one of the goals of the Blue Dot Tour I've embarked on with the David Suzuki Foundation and friends, supporters and, I hope, you. It's a testament to the importance of this tour and the movement it intends to spark; many musicians, artists and thinkers have volunteered their time to get the word out. The events, in 20 cities across Canada, promise to be fun and entertaining, but there's a serious purpose: to start a national conversation and movement to make sure we all look after this land that gives us so much.

History shows that informed individuals who come together to build a groundswell of opinion and pressure are a powerful force for positive change. We hope this tour will inspire Canadians to take action in their communities, that those communities will in turn inspire provinces to get on board and that ultimately our right to a healthy environment will be recognized at the national level.

It's a long road, but together we can get there. Are you in? 

Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at www.davidsuzuki.org.

The Blue Dot Tour continues until November 9. Featuring David Suzuki and a star-studded lineup of performers, the tour visits 20 communities across Canada. It is an invitation to stand together for our right to live in a healthy environment, legally recognized. For city dates (and to join the campaign), visit www.bluedot.ca

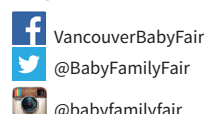
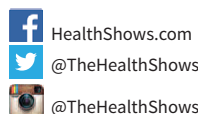
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From *Just Eat It*, which chronicles a couple's challenge to live solely from food waste for six months.

VIFF reviews

pig swill, gleaning, recycling food through low-income supermarkets for the poor and outlining habits individuals can adopt. Food retailers don't really get held to account so, by the end, you might be asking yourself why you even bother to pay for groceries.

Another Vancouver documentary is Julia Kwan's *Everything Will Be*, an almost elegiac portrait of Chinatown. One of the city's oldest neighbourhoods, this is a snapshot of people in the midst of change – a security guard, shop owners, a struggling artist, a poet, a new age bar owner and a feisty ninety-something newspaper vendor. The film avoids being too nostalgic about the past while acknowledging that modernity and gentrification come at a price. Locals talk fondly of a Chinatown of bustling markets, mahjong nights, handwritten shop signs and fraying brick buildings, much of which are still in evidence. Kwan sensitively contrasts this with the shiny, new face of the city's condominium developments and real estate marketer Bob Rennie's extraordinary project to preserve elements of Chinatown.

German-made, Mexico City-set *Que Caramba es la Vida* (*Das schöne Scheißleben*) is an enjoyable look into the world of female mariachis. The music is great, but this is not a concert documentary; the filmmakers' concern is revealing the sacrifices and tribulations of being a female artist in a male-dominated world. There

are some great sequences of mariachi central in Plaza Garibaldi in Mexico City and intimate profiles of several mariachi groups that have broken the mold, from a group of now elderly women musicians to a single mum mariachi with a tremendous voice.

Yakona is a loosely told documentary in the style of *Baraka* and *Koyaanisqatsi*, featuring lush images, historical re-enactment and recent footage showing the interplay between people and the natural life of the San Marcos River. Depending on your taste, the lack of clear narrative will either be welcomed or a point of frustration.

The one drama I previewed was indie thriller *Two Step*, set in Austin, Texas. It features an excellent performance by James Landry Hébert as a violent, weasel of a man, who gets by conning seniors out of cash.

VIFF continues until Friday October 10. Post-VIFF, look out for Scandinavian hit *The 100-Year-Old Man Who Climbed Out the Window and Disappeared* (*Hundraåringen som klev ut genom fönstret och försvann*). The picaresque tale follows the absurd antics of a vital centenarian who goes on the run from his nursing home and includes his entertaining interactions with key historical figures of the 20th century. ❌

Robert Alstead is making a BC-set documentary *Running on Climate*. Support welcome at www.fund.runningonclimate.com

The real reason we are bombing Syria

by Dennis Kucinich

The Administration's response to the conjunction of the September 21st People's Climate March and the International Day of Peace?

1. Bomb Syria the following day, to wrest control of the oil from ISIS which gained its foothold directly in the region through the US, Saudi Arabia, Qatar, Turkey and Jordan, funding and arming ISIS' predecessors in Syria.

2. Send the president to UN General Assembly where he will inevitably give a rousing speech about climate and peace, while the destruction of the environment and the shattering of world peace is on full display 5,000 miles away.

Nothing better illustrates the bankruptcy of the Obama Administration's foreign policy than funding groups that turn on the US again and again, a neo-con fuelled cycle of profits for war makers and destruction of ever-shifting "enemies."

The fact can't be refuted: ISIS was born of Western intervention in Iraq and covert action in Syria.

This Frankenstein-like experiment of arming the alleged freedom-seeking Syrian opposition created the monster that roams the region. ISIS and the US

have a curious relationship – mortal enemies that, at the same time, benefit from some of the same events:

a) Ousting former Iraqi President Nouri al Maliki for his refusal to consent to the continued presence of US troops in his country.

Qatar and Saudi Arabia can now overtly

join with the US in striking Syria, after

they have been covertly attempting for

years to take down the last secular state

in the region. We are now advancing the

agenda of the actual Islamic States

b) Regime change in Syria.

c) Arming the Kurds so they can separate from Iraq, a preliminary move to partitioning Iraq.

What a coincidence for war-profiteering neo-cons and the war industry, which has seen its stock rise

since last week's congressional vote to fund the rapid expansion of war. We have met the enemy and he isn't only ISIS; he is us.

Phase two of the war against Syria is the introduction of 5,000 "moderate" mercenaries (as opposed to immoderate ones), who were trained in Saudi Arabia, the hotbed of Wahhabism, at an initial installment cost of \$15 billion. These new "moderates" will replace the old "moderates," who became ISIS, just in time for Halloween.

The administration, in the belief that you can buy, rent, or lease friends where they otherwise do not exist, labour under the vain assumption that our newfound comrades-in-arms will remain in place during their three-year employment period, ignoring the inevitability that those "friends" you hire today could be firing at you tomorrow.

One wonders if Saudi training of these moderate mercenaries will include methods of beheading, which were popularized by the Saudi government long before their ISIS progeny took up the grisly practice.

The US is being played.

Qatar and Saudi Arabia can now overtly join with the US in striking Syria, after they *continued p.33...*

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Ceremony at Tsleil-Waututh Nation Community Centre. Gabriel George (foreground) L-R: Leonard George (Tsleil-Waututh), Jewell James (Lummi), Jeri Sparrow (Musqueam), Chief Maureen Thomas (Tsleil-Waututh). Photo: David Ball.

First Nations from the Lower Mainland, Vancouver Island and Washington State have come together to sign a historic treaty to protect the Salish Sea from tar sands oil and related threats. The treaty prohibits the increased transport of tar sands products through the Salish Sea and specifically makes the Kinder Morgan Trans Mountain Expansion Project illegal in Coast Salish law. Notably, the treaty contains a provision in which the signatories agree to take col-

lective action, if necessary, to enforce the protection of the Salish Sea under Coast Salish, Canadian or international law.

Gabriel George spoke at the Coast Salish Spiritual Leaders' Gathering on September 21. George is the Language & Culture Manager for the Tsleil-Waututh Nation's Sacred Trust, an initiative working to stop the Kinder Morgan pipeline expansion into their unceded territory. Speaking in traditional Hul'qumi'num language is just one of the culturally based methods the Tsleil-

Treaty makes pipeline expansion illegal in Coast Salish law

by Irwin Oostindie

Waututh have been using to fight the powerful US-based oil and gas distribution company, which is attempting to push up the daily travel of supertankers through Vancouver's harbour.

"By signing this treaty, we have agreed to mutually and collectively use all lawful means to stop this project," said Rueben George of the Tsleil-Waututh Nation Sacred Trust Initiative. "Kinder Morgan's expansion project will never get built."

The treaty signing followed a full day's caucus of spiritual leaders from affected First Nations who discussed the sacred obligations to protect the Salish Sea. It also featured a feast where half of the 400 guests were non-Indigenous allies learning about these spiritual and cultural practices. The Friends of the Sacred Trust is a movement inspired by the Tsleil-Waututh's desire to reach out to its neighbours to win the pipeline fight.

This cross-cultural movement is happening within the backdrop of the City of Vancouver declaring its jurisdiction as Unceded Coast Salish lands. Just last year, the Rally for Reconciliation brought 70,000 people out to rain-

soaked Vancouver streets. With hundreds of Vancouverites supporting local First Nations efforts to protect the Salish Sea, the pipeline fight is having a secondary benefit of bringing people together across cultures and faiths. Supporting the Tsleil-Waututh is a practical action for reconciliation and redress.

A serious oil spill would devastate an already-stressed marine environment, jeopardize the remaining salmon stocks and cause further contamination of shellfish beds, wiping out Indigenous fishing and harvesting rights. It would also devastate Vancouver's tourism industry and impact the shared lands and waters which Vancouverites take for granted.

In the face of a common enemy, First Nations are inspiring all people to look at what we share, rather than what separates us. The call to protect the sacred is an invitation to work respectfully for our shared future. ■

Irwin Oostindie is a Dutch settler who grew up in Tseil-Waututh Territory and is helping the Friends of the Sacred Trust. Visit www.twnsacredtrust.ca or follow on Twitter at @TWNSacredTrust

March: Book One

graphic memoir an inspiration to new generations

He is a civil rights icon and the sole surviving speaker of the 1963 Freedom March on Washington as well as a 12-term US Representative (Democrat) of the Congressional 5th District of Georgia.



John Lewis

Now, add comic book superhero to the list of John Lewis' legendary achievements.

Last August, when *Common Ground* was celebrating the 50th anniversary of Martin Luther King's "I Have a Dream" speech, Lewis was launching the first instalment of his autobiographical trilogy in the graphic novel format. His historic memoir is titled *March: Book One*.

"I'm deeply concerned that the present generation has failed to grasp what happened," he explained. "And I think this would be a way for them to understand, to learn, be inspired to speak out and act."

A right-on message: *March: Book One* – now in its third printing – spent many months at the top of the *New York Times* and *Washington Post* bestseller lists, racking up almost unprecedented attention and prestigious awards. It was also frequently cited as one of the best books in 2013 – including Amazon, and Apple iBooks – and recommended by *Reader's Digest* as a "Graphic Novel Every Grown-Up Should Read!"

The ongoing project is a collaboration with his congressional aide Andrew Aydin and award-winning artist Nate Powell (*Any Empire, Swallow Me Whole*). Publisher Top Shelf Productions has just unveiled the cover art for *March: Book Two*, the most eagerly anticipated graphic novel, ever, due out in January.

There's a compelling back-story. After the 2008 US election, Aydin confessed that attending a comic book convention was among his post-campaign

plans. As laughter died down, Lewis recalled a 1957 comic book – *Martin Luther King and the Montgomery Story*. Published by The Fellowship of Reconciliation to introduce principles and strategies of nonviolence and

passive resistance, it was widely circulated.

"It cost 10 cents and I doubt I would have become involved without it," Lewis explained. "It sold me on the power of comic books to bring stories alive, became our bible, our gospel and helped prompt the first sit-in in 1960 at a Woolworth's counter in Greensboro, N.C. (The 16-page comic sold 250,000 copies, made its way to South Africa, recently re-appeared during the Arab Spring and has been re-released, including in digital format).

In 1998, Lewis wrote a memoir, *Walking With the Wind*, widely recognized as a definitive study of the movement, followed up in 2012 with *Across That Bridge: Life Lessons and a Vision for Change*. But Aydin pressed the graphic genre's ability to tell a very serious story in the vein of Art Spiegelman's *Maus* (a story of the Holocaust). Also, for generations, comic books have excelled in colourfully portraying heroics in standing up and fighting for justice.

In rare free moments, Lewis and Aydin rolled up their sleeves to reach out to new audiences, including Gen Y-ers, Millennials and others who avoid historical memoirs. No need to over-dramatize, or add new details – among other things, Lewis has been arrested 24 times, was



one of the 13 original Freedom Riders and among the "Big Six" (with King, Whitney Young, A. Philip Randolph, James Farmer and Roy Wilkins). In somber realism, crisply narrated from Lewis' perspective, *March: Book One* is set in the 2009 Obama inauguration, flashing back to childhood in rural Pike County, Alabama, college in Nashville and leading sit-ins, ending at a lunch counter that finally serves African-Americans.

Breaking free from static orderliness, intentionally jagged and spilling over page edges, it's Powell's graphics that mesmerize. Like acclaimed graphic novels *Maus* and *Persepolis*, it's a coming-of-age tale set against violent confrontations, the sweep of history, witnessed with immediacy, individuality, heartbeat and breath.

Drawing the 121-page black-and-white comic close to the ground, from a child's perspective, Powell says, "I could

slip into his shoes, as he raised chickens on his sharecropper parents' farm, practising preaching to them, preparing to become a pastor. Hiding under the porch to sneak away and hop on the school-bus each day to get an education, his mom chasing after him."

There is a stark depiction of Lewis' pivotal first trip to New York, a journey by car with his uncle. They brought their own food because no restaurants would serve them, meticulously planning gas-stops, the pre-teen Lewis, sweat dripping from his brow, his uncle grimacing, tightly gripping the steering wheel.

Finding an appropriate and powerful way to respectfully depict the 1955 mur-

stretched hands."

It is rare for an engaging, timeless resonant work of history to be told from the eyewitness perspective of a central figure, unprecedented for that figure to utilize the graphic format for a much needed tool to help disassemble violence and injustice.

"You can almost taste or feel or smell what is happening, like the comic book I read more than 50 years ago. It's not just my story, it's the story of a movement and I hope it inspires new generations," says Lewis.

"I write about my parents telling me, 'Don't get in trouble, don't get in the way,' but people are too quiet," he adds. "We all



der of Emmett Till was a challenge, Powell admits. The 14-year-old was brutally beaten and murdered, one of his eyes gouged out, his body weighted with barbed wire in the Tallahatchie River, after reportedly flirting with a white woman.

The myriad triumphs and hooks include nightmarish opening drawings of the 1965 march in Selma, Alabama. Known as "Bloody Sunday," it was reported around the world. Before going to hospital, a bloodied, televised Lewis – his skull fractured and with scars he still bears – demanded intervention, pressuring Lyndon Johnson to sign the Voting Rights Bill into law later that year.

Bill Clinton says, "John Lewis brings a whole new generation with him across the Edmund Pettus Bridge, from a past of clenched fists into a future of out-

can make a contribution. We all can get in the way. We all can get into good trouble, necessary trouble, to change things."

As governments become as zany as any comic book, Lewis and Top Shelf have presented digital copies of *March: Book One* and the 1950s comic to officials on Capitol Hill. It's also on school reading lists in 30 states and at major universities, with a rapidly growing reach. Download a teacher's guide at: <http://cdn.topshelfcomix.com/guides/march-book-one-teachers-guide.pdf>

The book is readily available. I picked up a copy at the Comic Shop at 3518 W. 4th in Vancouver. (www.thecomicsshop.ca). For 40 years, it has specialized in the genre. A visit is an eye-opener on the contemporary comic book world. We'll be back in a future *Read It!*

... *Real Reason* from p.26

have been covertly attempting for years to take down the last secular state in the region. We are now advancing the agenda of the actual Islamic States – Saudi Arabia and Qatar – to fight the ersatz Islamic State of ISIS.

Now, US bombs and missiles might inadvertently "make the world safe" for theocracy rather than democracy. We read reports that Israel has shot down a Syrian warplane, indicating the terrible possibility of a wider regional conflict.

What does this have to do with the security of the 50 States United? Nothing!

In September, Congress acted prematurely in funding a war without following the proscriptions of Article I, Section 8 of the US Constitution. (The day of the vote, I urged Congress to resist this dangerous and misguided legislation.) But even while the funding was given, the explicit authorization to go to war was not. To authorize a war, Congress must vote for war. It has not done that yet.

To sell its case, the administration is borrowing from the fear mongering tactics of the Bush administration. ISIS poses no direct, immediate threat to the United States – The White House even said so yesterday, just hours before bombing commenced – yet we are being sold make-believe about ISIS sleeper cells.

Nothing better illustrates the bankruptcy of the Obama Administration's foreign policy than funding groups that turn on the US again and again, a neo-con fuelled cycle of profits for war makers and destruction of ever-shifting "enemies."

This attack on Syria, under the guise of striking ISIS, is by definition, a war of aggression. It is a violation of international law. It could lead to crimes against humanity and the deaths of untold numbers of innocent civilians. No amount of public relations or smooth talking can change that.

And yes, members of this Democratic administration, including the president who executed this policy, must be held accountable by the International Criminal Court and by the American people, whom he serves.

But as we know, war is a powerful and cynical PR tactic. I expect the bombing of Syria will momentarily boost the White House's popularity with self-serving heroic accounts of damage inflicted upon ISIS (and the US equipment they use). Stuffing the November ballot box with bombs and missiles may even help the Democratic Party retain the Senate.

But after the election, the voters will discover that the president played into the hands of extremists, hurt civilians and embroiled our country deep into another conflict in the Middle East.

There were alternatives. The US and the international community could have contained and shrunk ISIS by cutting off its funds and its revenue from the sale of oil on the black market. We could have looked to strike a deal with Syria and Iran.

In foreign policy, the administration has failed. Congress has failed. Both the Democratic and Republican Parties have passed the national chequebook to their patrons in the war contracting business. And passed the bill to future generations.

The American people, who in 2008 searched for something redemptive after years of George W. Bush's war, realize in 2014 that hope and change was but a clever slogan. It was used to gain power and to keep it through promoting fear, war, the growth of the National Security state and an autumnal bonfire of countless billions of tax dollars, which fall like leaves from money trees on the banks of the Potomac.

Dennis Kucinich is a former US Congressman and two-time presidential candidate from Ohio who served 16 years in the US House of Representatives. Visit his website at <http://kucinich.bluestatedigital.com> Follow him on Twitter @Dennis_Kucinich

Civic Election 2014 deciding our future

This upcoming civic election will decide Vancouver's future even beyond the next four years. After endless controversies over the last two election terms totalling six years, the results of the election will determine whether Vision Vancouver and Gregor Robertson will get a third term in office or if there will be a regime change.

CityHallWatch is concerned about the potential for strategic political interception of electronic data transmitted online, vote counting errors, election fraud and the thin wall between the City's data management system and Vision's political machine.

The civic election period runs October to November 15, 2014. Recent provincial changes to election legislation have extended the BC municipal election

cycle from three years to four years for the first time in history, while postponing the promised reforms or limits to campaign funding.

Some additional provincial changes also cover third party sponsor registration and financial reporting. Although the stated intent is to make campaign financing more transparent, the true effect is a limitation on democratic organizing of coalition-type campaigns.

Parties and candidates are now limited or prohibited in the ability to endorse candidates from other parties. Third parties are also limited as to whom they may endorse. Breaches of this poorly thought out legislation include large financial penalties of up to \$20,000 and even jail time of up to two years.

The City of Vancouver is using a completely new electronic voting system this time and has issued contracts to outside companies for an electronic voters list, computer hardware and software. Aware of numerous unreported glitches in the system in 2011, CityHallWatch Media Foundation made numerous inquiries to the City this year, seeking to confirm the integrity of the election counting and reporting process. The burden of proof is on the City to prove that the systems can be trusted, but the City has failed to provide any response and may have even failed to conduct the privacy impact assessment required in BC.

CityHallWatch is concerned about the potential for strategic political interception of electronic data transmitted online, vote counting errors, election fraud and the thin wall between the City's data management system and Vision's political machine.

Meanwhile, public discontent has led to an unprecedented 13 community led lawsuits against the City this term. We will need a regime change if we hope to remove the problematic practices currently entrenched at City Hall.

We have, unfortunately, a record number of new parties and independent candidates splitting the opposition vote. Coordination and consolidation is urgently required if this election is not going to be handed once more to Vision's development machine.

In the last election, only 34% of eligible voters voted and of those votes, only 34% were for Vision – thus, Vision was elected by only 12% of eligible voters. Despite this, Vision got 70% of the seats on council and 100% of the power with an absolute major-



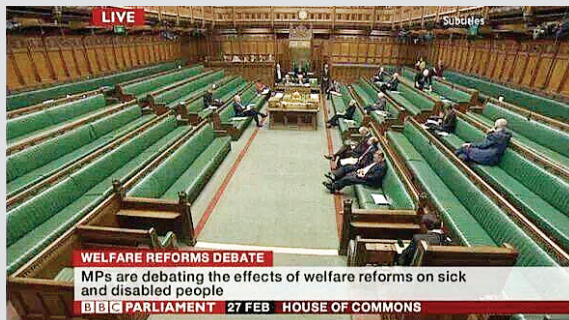
ity on Council. They have wielded this power ruthlessly, causing an unprecedented loss of democracy. As Geoff Meggs said over the controversial approval of a policy imposed without consultation, "The election was the consultation and this is the delivery." Of the 12% of eligible voters Vision was supported by, no one but their insiders would have known how their platform would be implemented.

Neighbourhoods for a Sustainable Vancouver (NSV) is not running candidates this election because there are too many new parties and independents splitting the opposition vote. In addition, the new BC legislation for third party sponsorship prohibits endorsement of a mixed slate of other candidates as NSV did in 2011.

This election Neighbourhoods for a Sustainable Vancouver will endorse a mixed slate as a third party sponsor based on strategy and consistency with their principles and policies. To learn more about the options, follow the website www.nsvancouver.ca as the election progresses for updates on their recommended slate. [K](#)



Elizabeth Murphy is a private sector project manager and a former Property Development Officer for the City of Vancouver's Housing & Properties Department and for BC Housing. info@elizabethmurphy.ca, www.elizabethmurphy.ca



Above, British MPs debate how disabled people's lives have been adversely effected by welfare reform (27/12/14).

Below, MPs discuss a proposed MP pay raise (11/07/13).

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OCT 11

Free the Chickens. A Thanksgiving event to explore your own definitions of “thanking” and “giving.” Featuring Stone Cold Crazy, The Myrtle Family Band & The Razzle Tassel Tease Show. Vegan food by Graze Vegetarian & Vegan Restaurant and Eternal Abundance. 8PM, Wise Hall, 1882 Adanac St., Vancouver. Info at www.brownpapertickets.com/event/862426

OCT 14

Generational Chi Gong Master Teresa Yeung in Vancouver: Experience Medical Chi Gong Level-1, 6-7PM; Level-2, 7-9PM. Private Healing Sessions at Choices Market Kitsilano Info: www.MasterTeresa.com

OCT 14

Sacred Body Language... awakening within: Avoid the 3 Massive Mistakes Workshop Leaders Make that Leave Their Presentations Dull, Boring & Lifeless. With Carole Maureen Friesen. Free when you pre-register. Call Katie, 1-877-846-3948. (In Calgary, Oct 6). www.corepotentials.com

OCT 15

Free NLP Class: RSVP (604) 442-8657, www.TherapeuticNLP.com 6:30-9:30PM, 4405 West 8th Avenue. Be the change – Learn NLP. Basic NLP Practice and Certification Starts Nov 22. With Tracy Joy, Founder of NLP Vancouver.

OCT 15

Generational Chi Gong Master Teresa Yeung in White Rock: Rejuvenating Chi Gong Level-1, 7-9PM White Rock Community Centre. Private Healing Sessions. www.MasterTeresa.com

OCT 16

Generational Chi Gong Master Teresa Yeung in Nanaimo, Private Healing Sessions, Evening at 6-8PM, Metaphysical Network Group event. www.MasterTeresa.com

OCT 17-18

The 19th annual Amnesty International Film Festival: Free, Vancouver Public Library, 350 W. Georgia Street. Award-winning documentary films & guest speakers. Co-sponsored by the Vancouver Public Library. Full program at <http://amnestyvancouver.org>

OCT 17-19

Generational Chi Gong Master Teresa Yeung in Victoria: 2-Day Joy & Abundance Workshop Level-1 \$145; Medical Chi Gong for Healthcare Professionals & Therapists Level-1 \$99. www.MasterTeresa.com

OCT 17-21

The Reconnection with Dr. Eric Pearl in Vancouver. Reconnective Healing seminars &

certified practitioner programs, Levels I & II. Register online at www.TheReconnection.com

OCT 18-19

Soul Healing Miracles Workshop: Sat-Sun, 10am-5pm, \$55 each day at Master Sha's LPH Centre, 1280 Odium Dr., Vancouver. www.MasterShaSoulHealingCentreVancouver.com

OCT 21

Be the Village Dalai Lama Vancouver 2014 – Heart-Mind Summit: the Dalai Lama challenges British Columbians to “be the village” that educates the hearts of children and youth in our lives. A special keynote by the Dalai Lama will be followed by a panel discussion with international thought leaders. 1:30PM, Vancouver Convention Centre (East). Tickets available only at dalailamacenter.org

OCT 21

Free Shamanic Power Initiation & Open House hosted by the Institute of Shamanic Medicine. 7:30PM, in Vancouver. Theme: Medicine Reading Initiation. RSVP at info@shamanicmedicine.ca www.shamanicmedicine.ca

OCT 24-26

The Body Soul & Spirit Expo: Three days of inspiring exhibits, lectures, workshops, concert & more. Featuring Lynn Andrews, Anthony Stephan & Dr. Linda Backman. PNE Forum (Hastings & Renfrew). Fri 3-9PM, Sat 10AM-7PM, Sun 11AM-6PM. Tickets www.bodysoulspiritexpo.com 1-877-560-6830.

OCT 25

Mind-alive! Conference: Exploring Natural Medicine for Mental Health. HANS, Orthomolecular Health and Revitalize Health host an extraordinary one-day event dedicated to the awareness of natural treatments for mental health issues. Vancouver Convention Centre (East), 10AM-5PM, \$30. Call 855-787-1891 to register or visit www.hans.org

OCT 25

Regenerative Nutrition, 7PM: “Enlightened Living – FREE Class” by Neil Tessler, ND. Meditation & Ecology Centre, 11011 Shell Road, Richmond. For Info/to Register, call Linda, 604-985-5840. Drop-ins welcome.

OCT 26

Reclaiming Samhain Ritual & Spiral Dance: Maritime Labour Centre, 1880 Triumph St. Doors 6:15PM, Ritual: 7PM. \$15-25. Info: www.vancouverreclaiming.org

NOV 7-9

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM, \$10; Course \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

NOV 8

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NOV 8-9

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NOV 15

Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. 604-558-4000, Lecture descriptions at www.instituteofholisticnutrition.com

NOV 21-23

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NOV 21-23

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DEC 6-7

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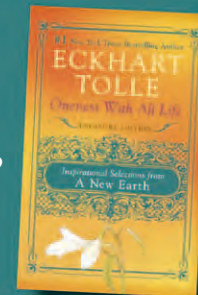
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Do the right thing

by Ashley Rose

With the approach of Thanksgiving, beautiful Vancouver offers one final flourish of light and colour as summer gives way to fall. Themes of bounty emerge – images of harvest, heartier foods, body-warming spices, baked apples and cinnamon, rich sauces and breads – in a caravan of autumnal opulence moving into the starkness of winter.

Historically, the occasion of Thanksgiving entailed a rite performed to acknowledge how much abundance had already been received as winter approached along with the stress of wondering how one would survive the cold weather. A more profound indicator than Starbucks changing to its Pumpkin Spice product line. Yet what can the celebration mean in a culture predominantly set up to control much of its natural environment and less connected to its direct food sources? And how does this affect our relationship to either thanking or giving?

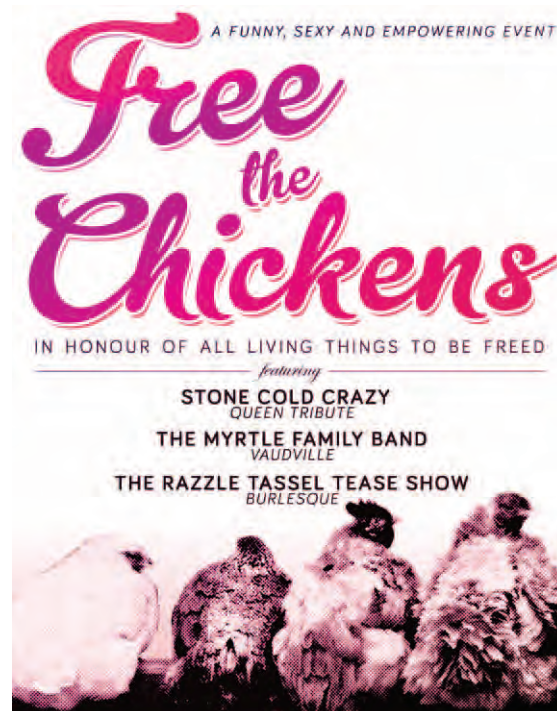
We are in a rhythm of a custom that, for most of us, holds sentimental value. Yet many are feeling driven to redefine these traditions to ensure their relevance to current context and generations. Thanksgiving has evolved to its current incarnation as a feast that brings people together to share an awesome buffet, but its violent impact on animals continues. If you look up the origin of the word “thank,” its Proto-Indo-European root means “to think, to feel.” The suggestion etymologically seems to be that gratitude can emerge from a deeper degree of awareness or attention. So in

this evolution of the narrative of Thanksgiving, what are we increasing our awareness of?

Tzvi Tal, who has lived in the Commercial Drive area for 25 years, only recently learned of the West Coast Reduction chicken plant at the corner of Commercial and Hastings, which you can sometimes more easily identify by its smell rather than from seeing the building. As he learned about its practices, memories came back of his father raising chickens when he was a little boy. The happiness he saw in those animals running free was reflected in his own sense of freedom and spirit. Tal reflects, “Later on, someone told my father, ‘Instead of 20 chickens roaming free, you can have 200 chickens in a coop.’ My father, who was trying to take care of seven children, built a coop for 400 chickens. We made a little bit more money, but the chickens were not happy.” What was “more” in quantity created a scarcity in the soul.

Tzvi resolved to create an event for the coming Thanksgiving that would address the treatment of fowl as a symbol for the animal consumption industry and create a dialogue. An event that would ‘think’ and ‘feel’ about all aspects of its east end community. A consciousness raising reconceptualization of all there is to be grateful for.

October 11, 8pm: “Free the Chickens” is not a lecture and has no interest in converts. It has a sense of humour, great music, burlesque and vegan food from Graze & Eternal Abundance. It offers an embodied experience of its own best thinking – a living, breath-



ing cornucopia that just might imply that suffering does not, in the end, equal abundance for anyone. Sit on that and let it hatch! Come and explore your own definitions of “thanking” and “giving.” Partial proceeds go to Vancouver Humane Society and Liberation BC. Everyone is welcome. Wise Hall, 1882 Adanac St., Vancouver. Info at www.brownpapertickets.com/event/862426

Ashley Rose is an actor, artist and human and animal rights advocate who has been a vegetarian for 20 years.

... *Heaven* from p.24

of those programs are negative and redundant. The conscious mind, which is creative as compared to the unconscious which is habitual, works 5% of the time. So how much do wishes, desires and aspirations control your life? A tiny bit. You are playing from the subconscious with other people's beliefs, attitudes and programs. They're not yours and also what you got about your own identity isn't yours. If your father yelled, “You don't deserve that” when you were screaming for a toy in K-Mart, in that moment, you recorded, “I do not deserve.” So 95% of the day, the subconscious program “I do not deserve” is playing. But because your conscious mind is busy thinking, you don't actually see your own behaviour. That means 70% of your behaviour is self-sabotaging and 95% of the day, you're probably shooting yourself in the foot and then coming home and looking at your bloody foot wondering how that happened.

The nature of life comes from this understanding. Most of you are familiar with this story: At one time you were close to a friend. You knew them very well and you knew their parents. One day, you realize they're showing the same behaviour as the parent so you volunteer, “Hey, Bill, you know you're just like your dad.” Bill will go totally ballistic and ask, “How can you compare me to my dad?” This is the most profound story I can tell you for a very simple reason. Everybody else can see that Bill behaves like

his dad. The only one who doesn't see it is Bill because when he's playing the program he downloaded from his father, his conscious mind isn't paying attention so he's the last one to see he's playing this behaviour which might be undermining his life.

And we are all Bill. So we're playing programs as our life. The movie *The Matrix* should not be shelved in the science fiction section of the video store. It's a documentary. You have been programmed and you didn't put the programs in, but you are living by them and you don't see them yourselves.

There's always been a mistaken belief that, if the conscious and subconscious minds are integrated and if you educate the conscious mind, the subconscious will automatically follow and understand. That's false. There are three ways it learns:

Hypnosis is the first way we learn for the first seven years of our lives so using subliminal tapes at bedtime is important. Every night, as the EEG ramps down to a lower and lower vibration, before delta sleep, you go through theta – hypnosis. By putting earphones on, you go through the hypnosis period and you can download behaviour.

Habituation is how we learned after age seven. We repeated and repeated something. How many times did you say the alphabet before you could go from A to Z? You had to repeat it, but once you got it you never

had to repeat it again. You want to change behaviour? Repetition. Repeat a process over and over again and your mind will change. You can have beliefs that aren't real, but if you put in a program, the mind will work to create coherence between the program and the reality. Even if you're sick, if you put in the program that you're healthy, the mind will turn the physiology around to match the program.

Lastly, the fastest and most unique way – because we're running out of time on our planet, facing crises like crazy with an evolutionary step coming and we have to learn fast – is a new range of belief-change modalities called “energy psychology.” In my book and on my website, I have a whole list of them. There's a resource page with all these new modalities. You can change beliefs in 10 minutes. This is important because our lives are a reflection of those beliefs and you can rewrite those because that's what you created. If you understand this then love and health and happiness and honeymoon are not short-term, but a lifetime experience.

The biggest joke I think people have – and it's my perception this is a joke – is that we die and then go to heaven. I'd like to suggest a weird, different answer. I believe we were born into heaven and we came here to create. When you feel it and when you do it right, you know it's heaven on earth and that's where we're all going. ■

KAIZEN

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